

# WAX RECOMMENDATION



## Minnesota State HS League Section 5

Theo Wirth Park, Minneapolis, MN

Wednesday, February 5

10 A.M. Boys, 11 A.M. Girls, Classic

2:00 P.M. Boys, 2:30 P.M. Girls, Skate

5K Classic, Interval start and 5K, Skate, Pursuit start

Forecast/Conditions: Overnight low of 6F, warming to 14-17 for Classic races and 21 for the Skate races. Expect transformed snow packed into a solid race course over a base of manmade snow. Sunny with a mild wind from the south.

Glidewax: Apply Performance Blue Hot Wax, scrape and brush, then apply High Performance Red Hot Wax, scrape and brush. For HP Liquid Paraffin, apply Performance Blue Hot Wax, scrape and brush, then spray on HP Liquid Red, let sit in a warm room for at least one hour (overnight is best), polish with the Polishing Brush Liquid Paraffin.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply additional layers of Nordic GripWax Red, corking between layers. Early skiers may wish to use Nordic GripWax Blue.

Structure: A universal structure covered by one pass with the Red Blue Structurite tool followed by one pass of the Blue Structurite tool after scraping and brushing HP Hot Wax or before spraying HP LP will best suit these conditions.

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Check the [Wax Tips](#) page at [TokoUS.com](http://TokoUS.com) before all of your races for the latest waxing information. The Toko Race Wax Tips offer racers precise waxing advice on how to make your skis perform optimally for a given event. For racers who don't have top end waxes, skip the High Performance (Liquid Paraffin or Hot Wax) and substitute the Performance or Base Performance wax of the same color (Yellow, Red or Blue). To see optimal application procedures for both Glidewax and Gripwax, go to the [How To](#) link at [TokoUS.com](http://TokoUS.com).

Racing - Service